



Vernon Senior Center's

Issue 4

April 2015

# Senior Moments

## Noon Institute Sponsored by MCC

Join us **Monday, April 13th** at **12:00pm.**

Cost is **\$5.00**

Sign up is online through the Manchester Community College Website.

### Rodgers and Hammerstein Behind the Scenes:

Although they didn't begin their careers as partners, their work together produced some of the most successful and memorable of Broadway musical history: Oklahoma, Carousel, South Pacific, The King and I, State Fair, Flower Drum Song, and The Sound of Music. Rodgers and Hammerstein had an



unusual working relationship, but their output was substantial and became the core of Broadway's Golden Age. We'll look at and listen to some of the highlights of these shows, and their themes and messages, which reflected and spoke to the issues in American life at the time—and to some degree, still today.

### Inside this issue:

|                        |    |
|------------------------|----|
| Happenings             | 1  |
| Health Activities      | 2  |
| Exciting Opportunities | 3  |
| FYI                    | 6  |
| Trips                  | 9  |
| Hours & Location       | 14 |

## Newcomers Welcome

On the 4th Thursday of every month, the Senior Center hosts a tour of the Center for new seniors. This month, it will be held on **Thursday, April 23rd** at **1:30pm.**

Come and take a tour of our beautiful facility and learn about the programs and activities that are available. The Senior Center's goal is to offer a wide variety of programs and activities that would be of interest

to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. We are extending a warm welcome and hope to see you on the 23rd.

Please note it costs \$2.00 to join the Center.



# Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on **Wednesday, April 8th**. The hours are from 9:00 am — 10:00 am. Appointments are not necessary. The Visiting Nurses will be on hand to answer any questions that you may have.



The Hearing Screening : The next hearing screening will be held in **June**. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions. Date to be announced.

## Other Healthy Activities

**Walking Club:** The Walking Club meets on **Mondays at 10:00am at Sacred Heart Church** to walk the rails to trails. This activity requires a higher fitness level & requires being able to walk 3 miles. If you are interested in joining, please call Carol Benoit at 860-454-7449.



**Strollers:** The Center is offering an additional walking group that will leisurely walk and stroll the Rails to Trails on **Thursdays at 9:30am**. This activity is for seniors who would like to walk but at a slower, less strenuous pace. Please contact the center for more information!

## Zumba Gold

Interested in a fun and exciting exercise to get you off the couch and keep you moving? Join Zumba instructor Kathy Ferreira and dance your way back into shape!

Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves!



Zumba Gold is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. Moves in class are broken down in a slow and manageable manner.

Classes are **Wednesdays at 1:00pm**. Payment is made to the instructor at the beginning of each class. First class is **Free!** Then it is **\$5.00** per class or **\$40.00** for a ten-class punch card.

# Cards & Games

**Bingo**—Mondays at 1:00pm

**Bridge**—Fridays at 1:00pm

**Canasta**—Wednesdays at 1:00pm

**Chess**—Tuesdays at 9:30am

**Cribbage**—Wednesdays at 9:45am

**Dominos**—Tuesday at 1:00pm & Thursdays at 10:00am

**Mah Jongg**—Mondays at 9:30am, Thursdays at 1:00 pm

**New to Dominos**—Tuesday 10:00am

**Pinochle**—Tuesday & Thursdays at 12:45pm

**Scrabble**—Tuesdays at 1:00pm

**Set Back**—Friday at 9:45am

**Wii Bowling**—Fridays at 12:30pm



## Other Opportunities

**Wii Bowling:** This activity is offered on **Fridays at 12:30pm**. Join the hooting and hollering as the Vernon Alley Cats compete.



**Table Massage:** Gary Tyler Jr., massage therapist, will be at the Center on Friday mornings. He will be doing table massage, \$20 for a half an hour and \$40 for an hour. If you are interested in having a massage, please contact him directly at 860-794-3430 to schedule an appointment.



## Movie Matinee

**Popcorn & A Movie:** The Center is offering movie matinees! **Wednesday, April 8th at 1:00pm.**

The feature film is **The Railway Man (2014)**. Decades after his brutal captivity under the Japanese during World War II, Eric Lomax still has nightmares about the ordeal. But when he unexpectedly meets and falls for Patti, a bizarre coincidence brings his past back into focus.

Starring Nicole Kidman & Stellan Skarsgard. Rated R, 118 minutes.

**Wednesday, April 22nd at 1:00pm.** The feature film is **Jersey Boys (2014)**. Adapted from the hit Broadway musical, this nostalgic look at the Four Seasons and their bumpy offstage lives stretches across four decades. Each of the musical act's four original members presents a different set of memories from their shared past. Starring John Lloyd Young & Vincent Piazza. Rated R, 134 minutes.



**The Railway Man**

**Jersey Boys**

Please call the center to register for this program so we will know how much popcorn to pop!

# Creative Goings On

## Drawing Class

Mary Wolff teaches a drawing class on **Tuesdays at 1:00 pm**. They use color pencils, pastels, pen and ink and watercolor. Drawing experience is not necessary. All that is needed is desire and interest. Participants pay Mary directly and she charges \$5 for each class.

## Crochet & Knitting

Do you like to crochet or knit? We have a very active group & this activity now meets weekly. Come and join our knit and crochet group **Wednesdays at 10:00 am**.

All are welcome. The group gets larger every month!

## \*New\* Acrylic Art Class:

Shauna is back to teach a six-week Acrylic painting class on Mondays, starting on **May 4th 10:00am– noon**.

Cost is **\$20.00 for Vernon Residents, \$25.00 for non-residents**.



# Tai Chi with Alcyone

The Center will be hosting weekly Tai Chi starting on **Friday, April 10th at 10:00am**. Cost is **\$5.00 per class, paid directly to the instructor**.

Not sure if Tai Chi is right for you? Come in and try your first class for **FREE!**



Tai Chi builds muscle strength, increases flexibility and balance, plus a variety of other health benefits!

This mind-body practice helps treat/prevent numerous health problems.

Give it a try!

# For the Sports Minded

**Drop In Pool** -Men's drop in pool is on **Wednesday & Friday afternoons at 1:00pm**. It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.

**Ladies Pool** - The ladies play pool on **Tuesday mornings at 10:00am**. Any senior lady who would like to join the group is welcome!





# Transportation

**Senior Car**—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 2:00 pm.

**Senior Bus**—Our senior bus shopping trips are weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There are pickups available at the Senior Housing complexes-Grove Court, Sacred Heart, Court Towers, Senior Center, Florence Mill, Windemere Court, Franklin Park, Franklin Congregate Housing, & Welles Village.

**Wal-Mart East Windsor**—Friday, April 10th.

Need a ride to any activity or program at the Center?

Contact Hockanum Valley Community Council 860-870-7940  
Dial A Ride Services



## Senior Center Library

Library books, movies and puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of

interest to you. An added bonus is that you may return the items at your leisure.



All items have been donated. Our Library is now up and running again and donations are gladly accepted. Tina Sulam and Maryann Romano continue to volunteer keeping the library organized and easily categorized for your reading pleasure. A special thank you for all their hard work.

## Powerful Tools for Caregivers

A **Free** educational program designed to help caregivers take care of themselves while caring for a relative or friend.

Six 2.5 hour sessions held weekly help caregivers learn to reduce stress, improve self confidence, better communicate feelings, and locate helpful resources.

**Wednesdays, April 8th—May 13th from 2:00pm—4:30pm.**

**Location: Mount Sinai Rehabilitation Hospital  
490 Blue Hills Avenue  
Hartford, CT**

**Pre-registration is required:**

Contact Paige McCullough-Casciano at 860-714-2421

[pmccullo@stfranciscare.org](mailto:pmccullo@stfranciscare.org)



## FYI

### **Parking At the Senior**

**Center:** We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool. Also, we try to schedule well attended events on Friday afternoons when Town Hall is closed & more parking is available.

**Notary Public Service** is available at the Senior Center, free of charge. This service is offered for Vernon seniors only. If you need paperwork notarized, please contact the Center for an appointment.

**Suggestion Box** Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor.

### **Age Requirement Change**

The age requirement for trips has been changed to age 55 and older. For all other activities at the Center, the age requirement remains at 60 or older. The Center offers day trips monthly so watch our calendar.

## CHOICES Counselor

Cathy Bouley, a trained CHOICES counselor, will assist you with questions that you may have regarding Medicare, Medicare Advantage, Prescription Coverage or Supplemental Insurance. The North Central Agency on Aging provides the training and

keeps the counselors informed about any changes in Medicare



& other health insurance programs that effect seniors.

If you have any questions about your coverage or anything else related to your insurance, please contact Cathy at 860-870-3594 on Tuesdays and Fridays. Please note that the counselors do not sell insurance.

## Upcoming Events at a Glance

The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

Saturday, May 2nd: West Point Dress Parade-more information page 10.

Friday, May 8th: Ocho de Mayo celebration & a Mariachi Band

Tuesday, July 21st: Lobster Bash at Amarante's Sea Cliff with Joni Lambert as Barbra Streisand.

Wednesday, August 26th: Boston's Tea Party Museum & Faneuil Hall.

Friday, June 12th: Jody Scalise, Motion Man, Classic Comic & Ice Cream Social.



# AARP Tax Preparation

AARP Taxes are done by **trained** volunteers. Appointments available Mondays & Wednesdays beginning February 2nd through April 15th.

You **must** have an appointment to get your taxes done.

Please call the Senior Center between 9:30am and 1:30pm to set up your appointment.



## Other Activities

The “**Out to Lunch Bunch**” meets on the first **Tuesday** of every month. Each month a restaurant is chosen and this month the “bunch” is going to the **New England Pizza** in Vernon on **Tuesday, April 7th** at **1:00pm**.

Call now to sign up !



The senior bus is available for transportation & pick up at all the Vernon Senior Housing facilities with stops at the Senior Center and Sacred Heart Church. Please call Sela or come to the Center to sign up for this fun day out with your friends.

Thank you to Marion Pitman who sets up all the luncheons at area restaurants for the members.

## Advisory Board

The Senior Center Advisory Board meets the 4th Tuesday of the month at 9:30 am.

The following are the present board members: Jean Inge, Ron Kane, Joe Grabinski, William Tyler Sr., Patricia Iamonaco, Wes Shorts, John Mytych and Carole Slattery.



**The Advisory Board meeting will be held on Tuesday, April 28th at 9:30am.**

The Advisory Board role is to bring suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed.

# What You Should Know

## Renter's Rebate Program;

Vernon Social Services is now taking applications for the State's Rental Rebate Program. If you are low income and rent, you may be eligible for a one time payment. Contact Vernon Social Services at 860-870-3661 for more information or to schedule an appointment.

## Medical Equipment:

We will no longer be accepting or loaning out medical equipment. This includes walkers, canes, commodes, shower seats, and wheelchairs.

We appreciate all the donations we have had in the past.

## Signing In At the Senior

**Center:** It is really important that you remember to sign in with both first & last names & sign in clearly. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

## Foot Care Appointments Available!

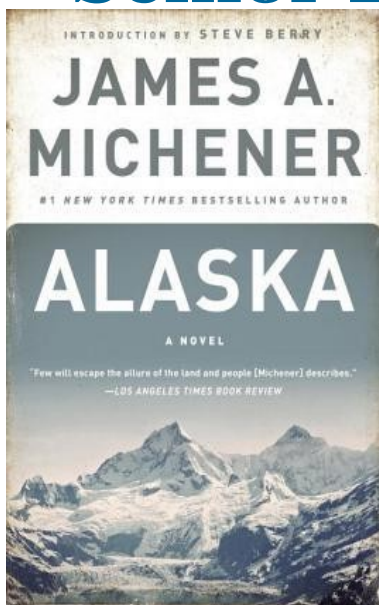


The Senior Center will be offering Foot Care appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments fill up quickly so call as soon as possible. **Cost \$29. Call now for a list of the next available appointments.**



## Senior Book Club

The Senior Book Club will be meeting on **Thursday, April 16th** at **10:00am**. They will be continuing the discussion of March's Book—Alaska, by James A. Michener.



In this sweeping epic of the northernmost American frontier, James A. Michener guides us through Alaska's fierce terrain and history, from the long-forgotten past to the bustling present. As his characters struggle for survival, Michener weaves together the exciting high points of Alaska's story: its brutal origins; the American acquisition; the gold rush; the tremendous growth and exploitation of the salmon industry; the arduous construction of the Alcan Highway, undertaken to defend the territory during World War II. A spellbinding portrait of a human community fighting to establish its place in the world, Alaska traces a bold and majestic saga of the enduring spirit of a land and its people.



## Up Coming Trips

### No Trips in January & February

May 2nd —West Point Dress Parade

July 21st —Lobster Bash & Barbra

August 26th – Boston Tea Party Museum & Lunch

September—Vine to Wine in Vermont

October—Providence Food Tour

November—9/11 Museum

We are still in the planning stages for June.

Suggestions are welcome.

### Cancellation Policy

If a person cancels a trip for any reason, NO refunds will be given once payment is received unless we are able to fill your spot on the trip.

We will call our wait list, if any, and make every effort to fill your spot in order to issue a refund.

## Ivoryton Playhouse & Lunch at Griswold

The Vernon Senior Center Presents: **the Last Romance** at the Ivoryton Playhouse with Lunch at the Griswold Inn, on **Wednesday, April 22.**

The day starts with an elegant lunch at the Griswold Inn in Essex, CT. Lunch choices include:

Slow Roast & Carved Top Sirloin of Beef with a mushroom demi glaze.

Baked Filet of Cod with onion, caper and tarragon remoulade.

Your meal is served with hot rolls, garden salad, potato and vegetables, and apple turnover with whipped cream for dessert.



Following lunch we will make our way to The Ivoryton Playhouse. You will enjoy the play *The Last Romance*—a heart-warming comedy about the transformative power of love. On an ordinary day in a routine life, widower Ralph decides to take a different path on his daily walk—one that leads him to an unexpected second chance at love.

Ralph attempts to woo the elegant, but distant, Carol. Defying Carol's reticence—and his lonely sister's jealousy—

Ralph embarks on the trip of a lifetime, and regains a happiness that seemed all but lost.

**\$92.00 per person:** includes roundtrip transportation, lunch at the Griswold Inn, 2:00pm matinee performance with Orchestra Seats, All taxes and gratuities including the driver.

## West Point Dress Parade

### West Point

**Academy** welcomes you to view the famous **U.S. Military Academy Cadet Review** on **Saturday, May 2, 2015**. These reviews are part of West Point tradition and instill discipline and order within the Corps of Cadets.



Lunch will be served buffet style at **The Hotel Thayer**. Your lunch is an elegant buffet of salads, hot entrees, vegetable, starch, dessert, coffee & tea.

After lunch you will enjoy a guided tour of West Point, highlighting the Cadet Chapel, Trophy Point, and the Hudson River Lookout.

**Cost is \$103.00 per person**

**Payment due at sign-up.**

## Pacific Coastal Cruise

*Aboard the Jewel of the Sea*

We'll fly to **Vancouver, British Columbia** where we'll overnight and enjoy a city tour highlighted by spectacular gardens and native totem poles of **Stanley Park**. The 8-night cruise will take us along the Pacific Coast, stopping first in **Victoria, BC** where we can visit the spectacular Butchart Gardens, explore the vibrant harbor or enjoy High Tea at the famous Empress Hotel. In **Astoria, Oregon** enjoy breath taking scenery, ship wrecks, historic homes and a maritime museum. Next we spend two days in the iconic port of **San Francisco** where we can visit Sonoma wineries, Fisherman's Wharf or Chinatown, enjoy a trolley ride or view the amazing redwood trees at Muir Woods. Next, we'll visit the waterfront community of **Monterey**, home to the world-renowned Monterey Bay Aquarium. Next is Cannery Row, where John Steinbeck drew inspiration for his novel about life in Monterey during the heyday of the sardine canning industry.

World renowned wineries are featured at the next port, **Santa Barbara**, along with its famous Catholic Mission and nearby Danish hamlet of Solvang. Our final stop is Los Angeles, where we will enjoy a brief tour of Hollywood and nearby Beverly Hills before our return flight home.

**September 17–26, 2015**

Interior Twin, two twins/queen—**\$1899**

Oceanview, two twins/queen—**\$1979**

Oceanview w/ balcony, two twins/queen, sitting area—**\$2279**

**Prices include:** Roundtrip airport transfers; round trip airfare; pre-stay in Vancouver with hotel, city tour and two meals; 8-night cruise with all meals, activities and entertainment aboard; Port and departure taxes; trip cancellation insurance; and portage of one bag per person.  
**Prices do not include:** shore excursions, bar drinks, gratuities aboard ship or items of a personal nature. Airfare is subject to change.

# Special Events & Services

## “Guess Who” Game & Root Beer

Join us on for **Root Beer Floats & Guess Who Game** on **Monday, April 6th** at **1:30pm**. Bring in a baby/toddler photo of yourself. Play along with your fellow seniors and try to guess who the photos belong to! Prizes will be awarded to the individuals who have the most correct guesses! We will also be serving delicious root beer floats!



**Cost is \$2.00**

Payment due at Sign—Up

## Name that Tune

Come in and join James from PandaHomeCare on **Monday, April 13th at 10:00am** and play **Name that Tune!**

He will play the beginning of a song from the 50's—60's and you have to guess the name of the song!



Prizes will be awarded to the players with the highest number of correct answers.

**This event is FREE**

**Sign up now!**

## Crazy Whist Card Party

The Senior Center is hosting a Crazy Whist Card Party on **Wednesday, April 15th** at **12:30pm**.

We will start with pizza followed by card playing.

Crazy Whist is a fun card game that everyone can play!



It does not require any special skill and is very easy to learn.

Small prizes will be awarded so please mark your calendar for this fun filled afternoon!

**Cost is \$7.00** per person.

You must register for this program.

Everyone is welcome!

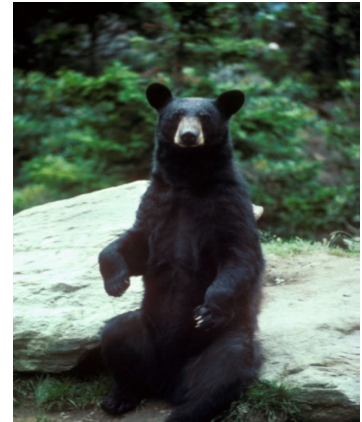
# Special Events & Services

## Continued

### Bears in Connecticut

Join us on **Monday, April 20** at **10:30 a.m.** for an entertaining and informative program on black bears. DEEP Master wildlife conservationist Allen Petell will talk about the bears in our midst, and tell us about their life, territory and personalities. Allen will explain about bears in the local environment, what to do (and what NOT to do) if you encounter a bear, what attracts bears to backyards, and how to discourage bears from visiting your backyard! More importantly he will tell us what to do if we meet one.

This event is **FREE**, sign up today!



### Around the Globe: Travel Series

“Buenas tardes”: (bway nahs tar days). Good Afternoon! Join us **Tuesday, April 21** at **1:30 pm** as we sail to Cuba. Travel with award-winning filmmaker, Marlin Darrah, as he explores present-day Cuba. From the capital city of Havana to the beautiful seaport of Santiago de Cuba, marvel at the forbidden natural beauty of Cuba. Travel to Pinar del Rio and visit the lush tobacco fields that produce the most sought-after cigars in the world.



See sugar plantations and colorful towns, then walk the beaches of Matanzas and Cuba's colorful coastline. Cuban people welcome visitors with open arms. Enjoy a taste of traditional Cuban fare. If you would like

to share any memorabilia please feel free to bring them. This event is **FREE**, sign up today!

### Join Our Events Committee!

We are currently seeking volunteers to join our **Events Committee!** Join several of your fellow seniors to help organize, set up and break down some of our great events here at the Senior Center!



We are always looking for fresh ideas to bring the best events and activities to the center.

If you are interested in joining, please contact any of the Senior Center Staff members! We look forward to working with you!



Just a  
Reminder...

The Senior Center will  
be closed on Friday,  
April 3rd for Good

Join us at the Senior  
Center for a fun day!



## April Birthdays !

### Happy Birthday:

April 7: Mary Oliver & Jean Paulin

April 11: Ana Dinah Sierra

April 15: Ed Talbot

April 16: Don Sierakowski

April 17: Ed Slattery

April 25: Sally Geer

April 29: Jan Glenister

April 30: Sandy Spivey

**Note:** If you would like your  
birthday/anniversary in the  
Newsletter, please inform the  
Senior Center Staff.

*Thank You.*

### Happy Anniversary:

Bill & Jean Paulin: April 14th



## **VERNON SENIOR CENTER**

**26 Park Place**

**Phone: (860) 870-3680**

**Fax: (860) 870-3588**

**Email: pclaydon@vernon-ct.gov**

**Website: www.vernon-ct.gov**

**Hours  
Monday—Friday  
9:00am-3:00pm**

*Happiness is  
spending time at  
the  
Senior Center!!*

*Join us at the Senior  
Center for a fun day!*

*The Vernon Senior Center is committed  
to assisting Vernon seniors by providing  
programs that meet their needs and address their  
concerns.*

*Our staff includes:*

*Paula Claydon, Director*

*Sela Saunders, Secretary/Receptionist*

*Andrea Bouchard, Program Coordinator*

*Cathy Bouley, Coordinator*

Vernon Senior Center  
26 Park Place  
Vernon, CT 06066

To: